



Course Outline

2026-2027 Catalog

NSG 18 - Fundamentals of Nursing

Catalog Description

Transfer Status: CSU

Prerequisite: Admission to Vocational Nursing Program

Corequisite: NSG 21, NSG 22, NSG 23, NSG 24, NSG 28

Unit(s): 3.00

Lecture: 51.00 Contact hours/102.00 Out of class hours/153.00 Total hours/3.00 Unit(s)

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Course Description: This course focuses on the client-centered study of fundamental nursing concepts applicable to all clinical areas in vocational nursing. Graded only.

Objectives

Upon successful completion of this course, the student should be able to:

1. Describe principles and procedures for client personal hygiene, comfort and safety in the setting of a therapeutic environment, while observing patient rights.
2. Explain the principles and procedures for the assessment of vital signs measurements and recognition of basic signs of life.
3. Discuss basic nursing measures designed to increase or maintain a client's level of activity.
4. Describe the complications of immobility and nursing actions to prevent or control them.
5. Explain the concepts of skin integrity and basic nursing principles that promote healing and maintain skin integrity.
6. Identify basic concepts of fluid, electrolyte, and acid base balance.
7. Discuss the nursing process related to pain control while recognizing the need to identify cultural differences in pain perception.
8. Describe basic principles of planning and recording formats: Assessments, documentation, and care planning.
9. Apply critical thinking processes to nursing assessment and care planning.
10. Identify the significance of the basic principles of infection control.

Course Content

Topic Titles / Suggested Time Topic	
	<u>Lecture</u>
<u>Topics</u>	<u>Lec Hrs</u>
Therapeutic Environment/Personal Hygiene	4.00
Assessment	7.00
Mobility/Immobility	6.00
Vital Signs	8.00
Wounds & Healing	8.00
Fluid & Electrolytes	8.00
Planning & Recording	10.00
Total Hours: 51.00	

Methods of Instruction

- A. Class Activities
- B. Discussion
- C. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- D. Lecture
- E. Reading Assignments

Methods of Evaluation

- A. Exams/Tests
- B. Oral Presentation
- C. Group Participation (Inactive)
- D. Written Assignments

Examples of Assignments

Reading Assignments

1. Read the chapters on Nursing Diagnosis, Planning Outcomes, Planning Interventions, Implementation and Evaluation. Come to class prepared to discuss instructor generated objectives.
2. Read handout: "Fluid and Electrolyte Vocabulary". Be prepared to apply knowledge of terms on course examination.

Writing Assignments

1. Care Plan Practice #1: Given a vignette of an adult client with a specific disease process and assessment, complete the nursing process care planning form and identify nursing diagnoses appropriate to the client.
2. Systems assessment and narrative charting practice: In groups of 4, have one student role play a client while the other three assess the "client" using a systems assessment format. Individually write a narrative assessment based on the data collected.

Out-of-Class Assignments

1. Read handout "overview of acid-base imbalances" and related text in Kozier's. Complete worksheet identifying the link between specific disease processes and their effect on acid-base balance.
2. Review the handout "fluid and Electrolyte Review" and answer a 40 question handout. Review questions in class prior to exam.

Recommended Materials of Instruction

Frandsen, G. (2014). Abrams' Clinical Drug Therapy: Rationales for Nursing Practice. *Philadelphia: Lippincott Williams & Wilkins, 10th.*

Vallerand, A. & Sanoski, C. (2017). Davis's Drug Guide. *Philadelphia: F. A. Davis, 15th.*

Thomas, C.(Ed.). (2017). Taber's Cyclopedic Medical Dictionary. *Philadelphia: F. A. Davis, 23rd.*

Carpenito-Moyet, L. (2017). Nursing Diagnosis: Application to Clinical Practice Pocket Guide. *Philadelphia: Lippincott Williams and Wilkins, 15th.*

Pagana, J. and Pagana, T. (2015). Mosby's Manual of Laboratory and Diagnostic Tests. *St Louis: Mosby, 13th.*

Treas, L. & Wilkinson, J. (2014). Basic Nursing: Concepts, Skills, Reasoning. *Philadelphia: F. A. Davis, 1st.*

Other Learning Materials

Treas, L., & Wilkinson., J.

Fundamentals of Nursing Skills Videos

Minimum Qualifications

Licensed Vocational Nursing

Nursing (Masters Required)

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